



Carbon County Senior Citizen

The Stress Management and Health Benefits of Laughter

By Elizabeth Scott, M.S., www.about.com

Research has shown health benefits of laughter ranging from strengthening the immune system to reducing food cravings to increasing one's threshold for pain. There's even an emerging therapeutic field known as humor therapy to help people heal more quickly, among other things. Humor also has several important stress benefits.

Stress Management Benefits of Laughter:

◇ **Hormones:** Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. Laughter increases the number of antibody – producing cells and enhances the effectiveness of T-cells. All this means a

stronger immune system, as well as fewer physical effects of stress.

◇ **Physical Release:** Have you ever felt like you “have to laugh or I’ll cry”? Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release.

◇ **Internal workout:** A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart.

◇ **Distraction:** Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way than other mere distractions.

◇ **Perspective:** Studies show that our response to stressful events can be altered by whether we view something as



9	1			8		3		4
3	6		9		5			2
7	8			6				5
			2	4				
8	7						4	1
				3	8			
6				2			7	3
1			4		9		2	8
4		8		7			5	9

Fill in the blank squares so that each row, each column and each

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Use the answers page if you really get stuck.

9	1	5	7	8	2	3	6	4
3	6	4	9	1	5	7	8	2
7	8	2	3	6	4	9	1	5
5	9	1	2	4	7	8	3	6
8	7	3	5	9	6	2	4	1
2	4	6	1	3	8	5	9	7
6	5	9	8	2	1	4	7	3
1	3	7	4	5	9	6	2	8
4	2	8	6	7	3	1	5	9

Bright Ideas

“It is better to know some of the questions than all of the answers.”

—James Thurber

a 'threat' or a 'challenge'. Humor can give us a more light-hearted perspective and help us view events as 'challenges', thereby making them less threatening and more positive.

- ◇ **Social Benefits of Laughter:** Laughter connects us with others. Also, laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you to laugh more, and realize these benefits as well. By elevating the mood of those around you, you can reduce their stress levels, and perhaps improve the quality of social interaction you experience with them, reducing your stress level even more!

How To Use Laughter:

Laughter is one of my all-time favorite stress management strategies because it's free, convenient, and beneficial in so many ways. You can get more laughter in your life

with the following strategies:

- ◇ **T.V. and Movies:** There's no shortage of laughter opportunities from the entertainment, both at the theater and in the aisles of the video stores, as well as at home with T.V. comedies. While wasting your time watching something marginally funny may actually frustrate you, watching truly hilarious movies and shows is an easy way to get laughter into your life whenever you need it.
- ◇ **Laugh with Friends:** Going to a movie or comedy club with friends is a great way to get more laughter in your life. The contagious effects of laughter may mean you'll laugh more than you otherwise would have during the show, plus you'll have jokes to reference at later times. Having friends over for a party or game night is also a great setup for laughter and other good feelings.

- ◇ **Find Humor In Your Life:** Instead of complaining about life's frustrations, try to laugh about them. If something is so frustrating or depressing it's ridiculous, realize that you could "look back on it and laugh." Think of how it will sound as a story you could tell to your friends, and then see if you can laugh about it now. With this attitude, you may also find yourself being more lighthearted and silly, giving yourself and those around you more to laugh about. Approach life in a more mirthful way and you'll find you're less stressed about negative events, and you'll achieve the health benefits of laughter.
- ◇ **'Fake It Until You Make It':** Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above. So smile more, and fake laughter; you'll still achieve

Cont. on page 10

On Going Daily Activities: Subject to change without notice
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Price Center Classes & Activities	Day & Time
Rocky Mountain Blood Pressure	2nd Monday of month 10:00 a.m.
Community Nursing Blood Pressure	4th Monday of month 10:00 a.m.
Billiards	Daily During Business Hrs
Bingo (American Legion Auxiliary)	Monday 6:00 p.m.
Game Day	Tuesday & Thursday 1:00 p.m.
Computer Lab	open every day During Business Hrs
Quilters	2nd Thurs 6 pm & 3rd Thurs 1:30 pm
Exercise Equipment	Daily During Business Hrs
Ceramics	Beginning at 10:00 am Mon– Thurs
Oil Painting	Wednesday 1:00 pm
Line Dancing	Monday, Tuesday & Thursday 9:00 a.m.
Bowling Jensen's Country Lanes	Friday 1:00 p.m.
Lunch	Daily 12:00 p.m.
Music by The Melody Five	Wed 11:30 a.m.
Music by The Four Tune O's	1st & 3rd Tuesday 11:30 a.m.
Organ Lessons	Thurs weather permitting 11:00 & 1:00pm
Movie (<i>to be announced</i>) call Center	Tues 1:00 p.m.
Shopping	Mon & Thurs 1:00 p.m.
Square Dancing	1st & 3rd Thurs of each month 7:00 pm
Sing along	2nd & 4th Thursday 11:00 a.m.
Carbon County Historical Society	Last Thurs of each Month 6:00 pm
Computer Class	Call Center for Info 636-3202
Bingo	Every Wednesday 1:15 pm
Music by James (Jimmy) Eaquinto	1st & 3rd Thursday of month
On some Mondays Music by	Tom Smith, Tom Berryman,
"Music of the Heart"	Ed Burnham & Neldon Huff
Yoga	Tues & Thurs at 10:00am
FREE Hearing & Hearing Aid Checks	2nd Friday of Month at 10:30am
Kristy Woodhouse (sing)	2nd Friday & 4th Tuesday at 11:00am
Exercise Class	Wednesday & Friday 11:00am
Golf (seasonal)	Tues of each week in the morning
Centers will be Closed	July 3th and July 24, 2009

On Going Daily Activities: Subject to change without notice
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East Carbon	
Classes & Activities	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Wed 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Computer Class	to be announced Call center for more info
Exercise Class	Tues & Thurs 11:30 a.m.
Walking (when weather permits)	Daily 7 a.m.
Center Closed	July 3, 2009
Center Closed	July 24, 2009

“There is never a better measure of what a person is than what he does when he’s absolutely free to choose.”

—William M. Bulger



New AARP Driver Safety Course

Insurance discounts

New Material Provided

Call Price Senior Center

to sign up 636-3202

Leonard Miller, Instructor

Wednesday July 1, 2009

1:00pm –5:00pm

Cost per person \$12.00

Lunch is available at the center at Noon

60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25



RIDDLE ME THIS

1. Two fathers and two sons go fishing on a lake. They catch a total of three fish. Each one has a fish when they leave the lake. How is this possible?
2. What gets wetter and wetter the more it dries?
3. What part of a bird is not in the sky; can go in the water; yet always stays dry?

BURIED STYLES

Find the name of a musical style 'buried' in each of the sentences below. Each style on the list is hidden only one time, and each sentence contains one style.

EX: I love that she decorated her house in crazy deco patterns. (zydeco)

Musical Styles

Celtic, Classical, Country, Gospel, New Age, Opera, Salsa, Swing

1. I need to make sure I go spell my name correctly for the doctor.
2. I heard the parcel ticking from across the room.
3. "I loved math class. I calculated numbers all day!"
4. The bird's wing was a bright shade of blue.
5. She needed to count Ryan's points again before declaring him the winner.
6. I hope rain doesn't come our way.
7. My dog's tail would, when she saw a bone, wag excitedly back and forth.
8. Her Uncle Sal's a huge fan of old movies.

ANSWERS ON PAGE 9

RIDDLE ME THIS, ANSWERS

1. There are only three men fishing, not four. They are: grandfather (who is a father), his son (who is both son and father), and his son's son (who is only a son).
2. A towel.
3. Its shadow.

Burried Styles, Answers

1. I need to make sure I go spell my name correctly for the doctor.
2. I heard the parcel ticking from across the room.
3. "I loved math class. I calculated numbers all day!"
4. The bird's wing was a bright shade of blue.
5. She needed to count Ryan's points again before declaring him the winner.
6. I hope rain doesn't come our way.
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8. Her Uncle Sal's a huge fan of old movies.

positive effects, and the fake merriment may lead to real smiles and laughter.

Laughter is good for your health.

- ◇ ***Laughter relaxes the whole body.*** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- ◇ ***Laughter boosts the immune system.*** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- ◇ ***Laughter triggers the release of endorphins,*** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- ◇ ***Laughter protects the heart.*** Laughter improves the function of blood vessels and increases blood flow,

which can help protect you against a heart attack and other cardiovascular problems.

Bringing more humor and laughter into your life.

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.

Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

Here are some ways to start:

- ◇ ***Smile.*** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experi-

encing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling.

- ◇ ***Count your blessings.*** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When in a state of sadness, we have further to travel to get to humor and laughter.
- ◇ ***When you hear laughter, move toward it.*** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "what's so funny?"

◇ ***Spend time with fun, playful people.*** These are people who laugh easily—both at themselves and at life’s absurdities— and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

◇ ***Bring humor into conversations.*** Ask people, “What’s the funniest thing that happened to you today? This week? In your life?”

- ◇ Go to a “laughter yoga” class
- ◇ Goof around with your children
- ◇ Do something silly
- ◇ Make time for fun activities

Creating opportunities to laugh:

- ◇ Watch a funny movie or TV show.
- ◇ Go to a comedy club
- ◇ Read the funny pages
- ◇ Seek out funny people
- ◇ Share a good joke or a funny story.
- ◇ Check out your bookstore’s humor section
- ◇ Host game night with friends
- ◇ Play with a pet



Dear Seniors,

First, I just want to say how excited I am about our "Walk to Hawaii." By the time you receive this newsletter we will have made it to our destination. I have to admit I believed it would take us a lot longer to accomplish our goal. I hope this activity has been as motivational for you as it has been for me. I have really put forth effort to walk more, getting up early (almost) every morning and walking for a little over two miles. My personal goal was to walk 10,000 steps a day. Admittedly, I did not accomplish that goal daily but I did increase the amount of steps I took on a regular basis. And, I did make 10,000 and sometimes more steps quite often. Walking is such a practical way to get exercise. I hope that each of you keep walking and join us for our next destination.

With exercise in mind, I next want to tell you about a new exercise class starting this month. Every Tuesday and Thursday (beginning July 2nd) Laura Blakey a certified Pilates instructor will be teaching an exercise class designed with seniors in mind. According to practitioners, "the central aim of Pilates is to attempt to create a fusion of mind and body, so that without even engaging the mind, the body will move with economy, grace, and balance." The class will begin at 11 a.m. and last approximately one hour. Laura will be working with seniors on improving range of motion and strength building. She is very enthusiastic about the class and is looking forward to working with all of you. Come check it out!

The most exciting news is the new Senior Recreation Center. There's a huge possibility the ground breaking will take place this month. It has been a long process getting everything ready for that all important day. I predict that about this time next year we will be in the new building. I will do my best to keep you informed as to what's happening.

Finally, I want to remind everyone about the upcoming trips. The Payson Salmon Supper has attracted a lot of attention and we have a pretty good group of seniors signed up for that trip. We have two other trip in the line-up: On September we have a day trip to Green River for Melon Days. The cost of the trip is \$20.00 and is scheduled for the 19th. Our big trip this year is to San Francisco, Wine Country, and the Redwoods. The trip is scheduled from October 5th thru the 11th and should be a great time. Please call the center if you need more information.

God bless each of you,

Debby

Thoughts to consider:

Having someone who understands is a great blessing for ourselves. Being someone who understands is a great blessing to others. — Janette Oke

The test of thankfulness is not what you have to be thankful for, but whether anyone else has reason to be thankful that you are here. — Unknown